

Making Physical Activity Part of Your Life

Tips for being more active

Even the person with the busiest schedule can make room for physical activity

- Before or after work or meals is often a good time to go for a bike ride, walk, or to play.
- Think about your day. Look for and make opportunities to be more active.

Every little bit helps

- Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.
- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Play with children or pets.
- Take fitness breaks — walking or doing desk exercises — instead of taking cigarette or coffee breaks.
- Perform gardening or home repair activities.
- Avoid labor-saving devices — turn off the self-propel option on your lawn mower or vacuum cleaner.
- Use leg power — take small trips on foot to get your body moving.
- Exercise while watching TV (for example, use hand weights, pedal a stationary bicycle, walk on a treadmill, do crunches, or stretch).
- Turn off the TV. Almost anything is more active than watching TV.
- Dance to music.
- Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
- Make a Saturday morning walk a group habit.
- Walk while doing errands.

